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MORE MISCONDUCT CLAIMS

As Christine Blasey Ford agreed to testify, a second woman made accusations against Kavanaugh. 4

New doc tells Jane Fonda's story in five acts. 21

Giants nab first win of season behind strong offensive showing. 24



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STILL A WAYS TO GO

A NYCLU survey found many residents still feel "harassed, surveilled and disrespected" by police. 6

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THINGS
TO
KNOW

NIKKI M. MASCALI, REPORTER

Despite police reform efforts that include reducing stop-and-frisk, many New Yorkers of color who live in heavily policed neighborhoods still feel targeted by the NYPD, a new survey from the New York Civil Liberties Union found. In fact, 73 percent of respondents in such areas have had at least one type of officer-initiated contact. See what else respondents said — and how their experience compares to their counterparts in less-policed areas — on page 6 or visit metro.us.

WELCOME TO
METRO.USTIGER WOODS WINS,
ENDS FIVE-YEAR DROUGHT

Tiger Woods won his first title since 2013 when he captured the Tour Championship by two strokes in Atlanta on Sunday and proved to the golf world that he is far from done. Woods led throughout the final round and finished at 11-under-par 269 at East Lake, where he carded a closing 71 for his 80th PGA Tour victory. Amid raucous scenes, with the massive gallery chanting his name as he played the final hole, he tapped in to move within two victories of Sam Snead's all-time record of 82 titles. "I was having a hard

time not crying coming up the last hole," Woods said in a greenside interview. "It was just a ground out there. I loved every bit of it — the fight, the grind, the tough conditions. 'You just had to suck it up and hit shots.' The victory capped off a season that started with questions over whether the 42-year-old would even be able to play a full schedule after undergoing spinal fusion surgery in April 2017. "My body was a wreck," recalled Woods, who hoped the surgery would alleviate debilitating back and leg pain.

3-D GUN PUBLISHER JAILED
ON SEX ASSAULT CHARGE

A Texas man running a 3-D printed guns company was booked into a Houston jail on a charge of sexual assault on Sunday after Taiwanese officials sent him back to the United States, where he is accused of having sex with an underage girl. Cody Wilson, 30, flew to Taiwan after learning he was under investigation, police said, and was picked up by Taiwanese authorities on Friday after his U.S. passport was annulled. He was deported to the United States on Saturday. He was booked into Harris County jail in Houston on Sunday, according to

the jail's website. As the founder of Defense Distributed, Wilson became a notable figure in the U.S. debate over guns after the company posted on the internet the blueprints for plastic guns that can be made with a 3-D printer. The files could previously be downloaded for free, but a federal judge issued a nationwide injunction last month that blocked the posting of the blueprints online. Wilson was placed under investigation after a counselor on Aug. 22 told authorities a 16-year-old girl said she was paid \$500 to have sex with Wilson at an Austin hotel, police said.

PAIR OF GIANT CHE GUEVARA MURALS
POP UP NEAR NAPLES

3 A view of the giant murals by artist Jorit Agoch depicting Argentine revolutionary Che Guevara on two buildings in San Giovanni a Teduccio, a district of Naples also known as "Taverna del Ferro."

MARCO CANTILE/LIGHTROCKET VIA GETTY IMAGES

FLO'S DANGER REMAINS AS
FLOODWATERS RECEDE

4 Nearly all rivers and waterways in North and South Carolina will crest Sunday, but most will remain at dangerous flood levels for days to come, the U.S. National Weather Service warned, more than a week after the arrival of Hurricane Florence, which has killed at least 40 people. Swaths of rivers near the Atlantic coast will not crest for days to come, such as the lower Cape Fear River near Wilmington, N.C., one of the hardest-hit communities, said Bob Oravec, a meteorologist with the NWS' Weather

Prediction Center in College Park, Md. "This isn't over," Oravec said early Sunday. "Large sections of rivers near the coast won't start cresting until at least early in the week, maybe later ... All that water is going to take a good while to recede," he said. "Damage can still be done. It'll be a slow drop." Meanwhile, remnants of the once mighty storm brought heavy rains northwest up the Ohio Valley, prompting flood watches and warnings from Texas to Virginia and Maryland, at least through Monday, the weather service said.

CAPSIZED TANZANIA FERRY
MANAGERS DETAINED

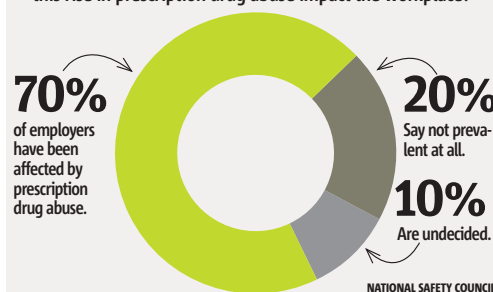
5 Tanzanian authorities said on Sunday the number of people who died in a ferry that capsized in Lake Victoria had risen to 224 and the vessel's managers had been detained for questioning. The ferry, MV Nyerere, sank on Thursday evening just a few meters from the dock on Ukerewe, the lake's biggest island. The definitive cause of the capsizing is not yet known but officials have said preliminary investigation shows the ferry was carrying more people than legally permitted. Boat accidents on Lake Victoria, which is shared by the East African countries of

Uganda, Tanzania and Kenya, are common and often caused by lax safety laws, weak enforcement and old and poorly maintained vessels. Prime Minister Kassim Majaliwa told TBC that officials involved in managing the ferry had been detained. "The government will form a special investigation commission of experts which will investigate the source of the accident and legal measures will be taken against all who were involved in causing the tragedy," he said. A search-and-rescue team has been attempting to flip the ship, which is belly-up in the waters.

STATS

OVERDOSING AND THE
WORKPLACE

According to the CDC, drug overdose deaths swelled to a record 72,000 in 2017, driven by the opioid epidemic. How does this rise in prescription drug abuse impact the workplace?



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1. *Journal of Management Studies*, 1997, 34, 1, 1-14.



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NEWS

Ford to testify; second woman makes misconduct accusations

Deborah Ramirez now claims Kavanaugh exposed himself to her at a Yale party.

California professor Christine Blasey Ford has agreed to testify before a Senate panel on Thursday morning about her sexual assault allegations against Supreme Court nominee Brett Kavanaugh, her lawyers said on Sunday.

Late Sunday, a second woman came out with sexual-misconduct allegations against Kavanaugh. In a bombshell New Yorker report, Deborah Ramirez, 53, who attended Yale with Kavanaugh, claims Kavanaugh "exposed himself at a drunken dormitory party, thrust his penis in her face, and caused her to touch it without her



Activists demonstrate on Capitol Hill against Supreme Court nominee Brett Kavanaugh. GETTY IMAGES

consent as she pushed him away." Another classmate interviewed by the New Yorker says he was "one-hundred-percent sure" he was told it was Kavanaugh who was the student who exposed himself to Ramirez.

In a statement to the New Yorker, Kavanaugh

wrote, "This alleged event from 35 years ago did not happen."

In preparing for Thursday's testimony, Ford's lawyers said they made "important progress" in a morning call with Senate Judiciary Committee staff members and agreed to the

hearing even though the committee refused to subpoena Mark Judge, who Ford said witnessed the attack at a high school party, as well as others who she said were present.

"Despite actual threats to her safety and her life, Dr. Ford believes

it is important for Senators to hear directly from her about the sexual assault committed against her," said the statement from attorneys Debra Katz, Lisa Banks and Michael Bromwich.

"She has agreed to move forward with a hearing even though the Committee has refused to subpoena Mark Judge," it said. "They have also refused to invite other witnesses who are essential for a fair hearing that arrives at the truth about the sexual assault."

U.S. Senate Judiciary Committee Chairman Chuck Grassley had set a Saturday afternoon deadline for Ford to decide whether and how she will testify.

Ford said Kavanaugh sexually assaulted her at a high school party 36 years ago, pinning her down and trying to take

"She has agreed to move forward with a hearing even though the Committee has refused to subpoena Mark Judge."

Attorneys Debra Katz, Lisa Banks and Michael Bromwich, in a statement

off her clothes, when she was 15 and he was 17.

Kavanaugh, a conservative federal appeals court judge, has denied the allegations and said he would be willing to testify. REUTERS

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Whether you're a youngster who broke a bone on the playground or an adult suffering through a sports injury or the pains of arthritis, orthopaedic injuries can majorly disrupt our lives. Dr. Anthony Romeo, Rothman Orthopaedic Institute's Chief of Orthopaedics, sat down with Metro to talk about his team's number one objective—getting patients back to the active lifestyle they love.

What makes the Rothman Orthopaedic Institute different from other providers?

The Rothman Orthopaedic Institute is a physician-led organization that focuses on patient care. Everything we do has to answer one very important question: "How can we take care of patients better?" This starts with availability so that patients can get in to see a specialist in a reasonable amount of time, especially

with new injuries. We carry out immediate referrals for evaluation precisely for this reason. We're also in network with most major insurance companies, which provides an additional level of availability and affordability for our patients. What's more, we have offices that provide core services like X-rays and advanced imaging so we can essentially provide patients with a one-stop evaluation.

What are some signs you should see an orthopaedic specialist?

Orthopaedics is really a specialized treatment of the musculoskeletal system. So it doesn't only include the bones and skeletal system; it also covers the muscles and tendons, which are what make the body move and function. Our focus is really on the ability to move and function easily in daily life, work and sports. When someone

has any type of ailment that prevents pain-free movement, they should see an orthopaedic specialist. If it's a problem where motion isn't completely stopped, which might happen with a fracture, they should be seen right away. At the end of the day, we're in the business of helping people live life to the fullest, no matter their injury or age.

Any stand-out therapies that set Rothman apart?

The most important thing is to have an expert in your corner who's capable of making the correct diagnosis, which guides the most appropriate treatment. The treatment may be relatively straightforward, like splinting the area, or it may require a surgical option. On the non-surgical level, we use a variety of different techniques. Sometimes the best course of action is actually *moving* the injured joint instead of immobilizing it. It's

vitaly important to go with a specialist who understands the difference. We also use what's called orthobiologics. This involves reducing inflammation and improving the healing response by way of certain proteins, growth factors or stem cells.

On the surgical front, we have a number of advancements, such as robotics and very sophisticated joint replacement devices that can help patients get back to sports and other high-end activities faster. Similarly, we have microscopes that allow us to do specialized surgery on the spine and peripheral nerves, and we have a variety of new synthetic devices that help accelerate healing after a ligament injury. The main goal is always helping patients get back to the activity level



they were at before the injury.

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Amid reform efforts, New Yorkers of color still feel targeted by police

An NYCLU survey found many residents in heavily policed areas still feel harassed, surveilled and disrespected by the NYPD.



NIKKI M. MASCALI
nikki.mascali@metro.us

Many New Yorkers of color who live in heavily policed areas of the city feel “harassed, surveilled and disrespected” by police, a new NYCLU survey found.

The NYCLU surveyed roughly 1,500 New Yorkers from both heavily policed and lightly policed areas to learn more about their experiences amid efforts to reduce NYPD stop-and-frisk practices.

“Five years into Mayor [Bill] de Blasio’s tenure, the tale of two cities lives

on in the vastly different ways that New Yorkers experience policing,” said NYCLU Executive Director Donna Lieberman. “The NYPD maintains that flooding neighborhoods with police makes people feel safer, but our survey reveals the opposite is more often true. The majority of New Yorkers want good schools and well-paying jobs to improve their neighborhoods, not broken-windows policing.”

The survey was conducted between October 2016 and May 2017 in the heavily policed communities of Brownsville, East Harlem and the South Bronx and lightly policed Williamsburg, Park Slope, Upper East and Upper West Sides, Greenwich Village, SoHo, the East Village, Riverdale and Spuyten Duyvil.

Both the mayor and



PROVIDED

the NYPD responded to the survey.

“Whether it’s been eliminating the illegal overuse of stop-and-frisk, retraining the entire police force or introducing body cameras, Mayor de Blasio has led a paradigm shift in the way our city is policed. With this transformation has followed a steady decrease of civilian

complaints, fewer arrests and historic-low crime rates,” Olivia Lapeyrolerie, deputy press secretary for Mayor Bill de Blasio, told Metro when asked about the NYCLU survey Friday.

“What we are trying to do and are doing in the NYPD is to build trust all throughout New York City,” NYPD Police Commissioner James P. O’Neill

said at an unrelated press conference Thursday.

Neighborhood policing, in which the same officers work the same shifts in the same area to increase familiarity with local residents and issues, is in 70 of 77 precincts, and has started in transit districts, O’Neill said.

“Everything we do is to make sure that the cops on patrols, answering radio runs and on foot posts engage with members of the community and they build that trust,” he added. “It’s a process that takes time. This is the biggest police department in the United States, and our levels of force are going down, our use of deadly physical force has gone down — everything we’re doing is improving. It’s a big battle for us. A big challenge for us is to create that reality and overcome those perceptions.”

The survey results

- **67%** of respondents in heavily policed areas feared having a friend or family member killed by the NYPD, while 15 percent in lightly policed areas felt the same.
- **85%** of respondents in heavily policed areas said they actively changed their behavior, relationships, use of space or schedule to avoid surveillance.
- **41%** of respondents in heavily policed communities reported that they endured extreme physical force from the NYPD, while 4 percent said the same in lightly policed communities.
- **73%** of respondents from heavily policed areas had at least one type of police-initiated contact, while 28 percent in lightly patrolled areas said the same.

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⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

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When is the Deadline?

Applications must be postmarked or submitted online no later than **November 21, 2018**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

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NYPD cop arrested for sending threatening messages



ALL GETTY IMAGES

Keith Roman was arrested just hours after being released from custody without bail after beating and choking his girlfriend.



SARAH LUOMA
letters@metro.us

Just hours after being released from custody without bail after beating and choking his girlfriend, a NYPD cop was arrested for sending the victim threatening messages through social media.

Keith Roman, 29, who has been on the force since 2012, was taken back into custody on Saturday night after violating the order of protection.

Last Thursday, Roman was arraigned in Queens Criminal Court on charges of strangulation, assault and harassment during two altercations with his ex that took place on May 16 and June 20. Roman's ex-girlfriend also told police that after the second incident she attempted to get away from Roman, injuring her foot in the process. Roman caught up to her, wrapping both of his hands around her throat, according to the NY Post.

Following the two violent altercations, Roman then sent his girlfriend a scary, threatening voicemail, which said: "Watch over your shoulder and I will catch you, better watch your back, you are go-



"Watch over your shoulder and I will catch you, better watch your back, you are going to turn around and I will be there, you do not know who you are messing with."

Keith Roman

ing to turn around and I will be there, you do not know who you are messing with."

Prosecutors shared that Roman also sent her an image of a noose hanging from a tree.

During Roman's arraignment, Judge Suzanne Melendez released the officer on his own recognizance. Melendez also filed an order of protection on behalf of the victim.

Prosecutors argued for Roman to be given a \$1,000 bail but their request was denied.

The NYPD cop also has another open case from March. Roman was arrested for operating a vehicle while intoxicated. At the time of his arrest he refused to take a blood test after officers discovered a cognac bottle under the driver's seat. He is scheduled to return to court on Oct. 15 for both cases.

According to the New York Daily News, Roman's new arraignment is pending. The Daily News also reported that neighbors were "shocked" that Roman was accused of a violent crime, even describing him as being a "nice church boy."

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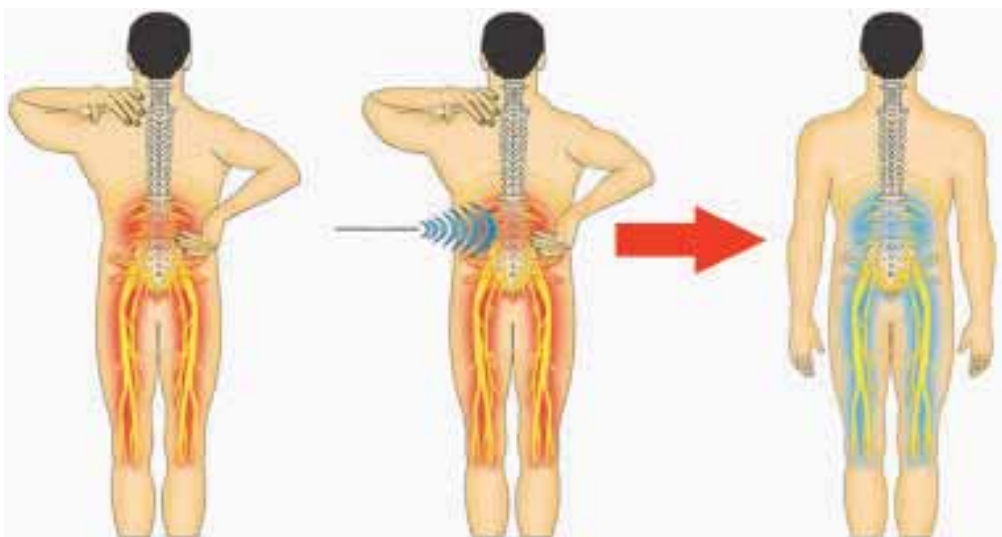
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How To Schedule Your Risk-Free No-Obligation Screening Evaluation

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The Brooklyn Heights Promenade could close under a BQE construction plan. WIKIMEDIA COMMONS



Brooklyn Heights Promenade could close for 6 years under BQE construction plan

NYC DOT officials need to repair a section of the BQE.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us

The Brooklyn Heights Promenade could be closed for six years under a construction plan to repair the Brooklyn-Queens Expressway, known as the BQE.

New York City Department of Transportation officials unveiled last week two construction options for replacing a rundown 1.5-mile stretch of the BQE from Atlantic Avenue to Sands Street.

Since the Brooklyn Heights Promenade — a 1,826-foot-long scenic pedestrian walkway — is constructed over the BQE, officials say any construction on that portion of Interstate 278 would impact the promenade and the surrounding Brooklyn Heights community. Here's a look at the two options DOT officials laid out.

The first option DOT officials detailed was dubbed the "innovative approach." Under this, city officials would build a new temporary elevated roadway above the BQE at the current height of the Brooklyn Heights Promenade.

This temporary highway would be six lanes in order to handle all BQE traffic.

Officials say this plan would have the short-

est overall construction time, with the fewest full-weekend closures and overnight lane closures. Still, it would still take at least six years, and much of the Brooklyn Heights Promenade would need to be closed during that construction.

Officials say this option is a way to build a safer highway in the end as well as add in some innovations that better the surrounding area. Those living adjacent to the BQE would benefit from minimized noise and reduced vibrations, officials say, and the Brooklyn Heights Promenade could actually come out of this construction project about 35 feet wider than before.

This option would cost between \$3.2 and \$3.6 billion, per the DOT.

The second, or "traditional," construction option involves fixing the BQE lane by lane, rather than all at once.

Officials anticipate a longer construction time with this plan — potentially eight years — and note that "cost and on-time completion" are less certain with this method.

To repair the BQE lane by lane, the city will have to rely more on overnight lane closures (which means lots of noise) for about 4.5 years and more full-weekend route closures (about 24 in total, officials say).

The second plan is estimated at \$3.4 to \$4 billion.

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Bill Cosby faces sentencing for sex assault on Monday. GETTY IMAGES

Cosby's fate to be decided Monday

With his legacy in tatters, Bill Cosby is scheduled to be sentenced on Monday for a 2004 sexual assault.

SAM NEWHOUSE
sam.newhouse@metro.us

Bill Cosby, 81, legally blind, having seen his comedic and cultural legacy turned to ash, now could be headed to prison.

Cosby's sentencing on three counts of involuntary indecent assault, for drugging and molesting former Temple University employee Andrea Constand in his Cheltenham mansion in 2004, is scheduled for Monday, Sept. 24 in Norristown, Pa.

Montgomery County Court of Common Pleas judge Steven T. O'Neill, who has rejected attacks on his character and ethics by attorneys for Cosby, could send

Cosby to prison, but he could also opt for a sentence that involves no prison time. Sentencing guidelines are flexible for this type of charge, and O'Neill has broad discretion on Sept. 24.

The maximum sentence for indecent sexual assault is 10 years.

But O'Neill could sentence Cosby to house arrest or probation. Cosby's lawyers will likely plead for leniency based on his age and other factors. Even if sentenced to prison, he will have options for appeal — and O'Neill will have to decide between ordering him remanded to state custody immediately or letting him remain free on house arrest until Cosby's appeals are exhausted.

Experts have said Cosby likely will not go to prison.

"What's the cost-benefit analysis to locking him up? Is he a danger to society? You're going to have to spend a lot of time to protect him from other offenders," Rutgers-Camden criminal justice professor Ross Allen previously told Metro. "There's a good chance the judge is going to let him stay out while the appeals process is underway. That's two or three years. At what point do they say the biggest punishment he'll ever face is the loss of his legacy?"

On the other hand, Cosby has been unrepentant for his crimes, called Montco DA Kevin Steele an "a-hole" after being found guilty in April, and has accused O'Neill himself of being unethical in recent 11th-hour filings to have the judge recused. All of these issues could be considered by the judge in weighing an appropriate sentence.

"What's the cost-benefit analysis to locking him up? Is he a danger to society? You're going to have to spend a lot of time to protect him from other offenders."

Ross Allen,
Rutgers-Camden criminal justice professor

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Trump expected to tout North Korea progress, but concrete moves lacking

A year after Donald Trump threatened to “totally destroy” North Korea in his first speech at the United Nations, the U.S. president will return to the podium in New York this week to tout diplomatic efforts that have reduced the risk of war.

But even if Trump’s rhetoric at the annual United Nations General Assembly is expected to differ sharply from his 2017 address in which he mocked North Korean leader Kim Jong Un as “Rocket Man” on a “suicide mission,” some U.S. officials and analysts say Pyongyang has yet to take concrete measures to show it is prepared to give up a nuclear arsenal that threatens the United States.

The change of mood was sealed when Trump and Kim met for an unprecedented summit on June 12 in Singapore, and in the past week, the North Korean leader promised South Korean President Moon Jae-in dismantlement of a missile site and nuclear complex — if the United States takes “corresponding action.”

While appearing to set a positive tone, the commitments fell far short of Washington’s demands for a complete inventory of North Korea’s weapons programs and irreversible steps toward denuclearization.

Trump is to meet Moon on Monday to get a first-hand account of the Korean summit before delivering his U.N. address on Tuesday.

U.S. Secretary of State Mike Pompeo, meanwhile, has proposed a meeting with his North Korean counterpart, Foreign Minister Ri Yong Ho, and plans to chair a Security Council meeting on the denuclearization effort on Thursday.

Some U.S. officials are

concerned Trump is taking an overly rosy view of North Korea developments.

Trump called last week’s joint declaration by Moon and Kim “very exciting” and has previously said he is willing to meet Kim a second time, in spite of a lack of obvious progress from their first meeting in Singapore.

One U.S. official, speaking on condition of anonymity, said the worry was Trump might offer Kim “too much too soon” to score a win ahead of the Nov. 6 congressional elections, which will decide whether Trump’s Republican Party maintains control of Congress.

“Trump will likely continue his practice of hailing even insignificant North Korean steps as major advances.”

Evans Revere,
former U.S. negotiator
with North Korea

While declaring the developments in the Korean summit sufficient to allow a restart of high-level talks with North Korea, Pompeo’s tone has been more measured.

In television interviews on Friday, he said there was still work to do “to make sure conditions are right” for a second summit and reiterated that sanctions would have to remain on North Korea until it gives up its nuclear weapons.

Past U.S. insistence that North Korea act first before expecting any easing of sanctions or a formal end to the 1950-53 Korea War have not gone down well with Pyongyang. **REUTERS**



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Ordering opioids online? Mail carrier may also deliver handcuffs

He looked like a regular mail carrier, dropping off an unremarkable package at an upscale New York City apartment tower, but neither the man nor the package were quite what they seemed.

The mail carrier was really a federal agent, conducting a so-called controlled delivery, a tactic the U.S. government employs to help stem the flow of heroin, prescription painkillers and other opioids fueling the nation's epidemic of fatal overdoses.

Drug-filled packages with misleading labels have become a common sight at John F. Kennedy International Airport's (JFK) sprawling mail-sorting hangars, a front line in the battle against opi-

oids. Many of the parcels originate in China, having been ordered on the web's darker corners.

"Nobody anticipated the explosion we were going to face," said Christopher Lau, who oversees the U.S. Immigration and Customs Enforcement's Homeland Security Investigations office (HSI) at the airport.

Fatal opioid overdoses jumped to a record high of nearly 50,000 last year, more than double the 2013 toll, according to the U.S. Centers for Disease Control and Prevention.

Customs agents with X-ray machines and sniffer dogs detect and seize what they can. But to track, arrest and prosecute suspected dealers, the New York HSI office organizes several controlled deliveries each month, taking the packages out to see who claims them.

For this delivery, a Reuters reporter was allowed to ride along and watch the agents in action.

The package had arrived on a Friday in August, mailed from Shanghai and filled with 250 grams of fentanyl, a synthetic opioid 100 times stronger than morphine that can kill with a 2-milligram dose. It was enough to cut into hundreds of



GETTY IMAGES

thousands of bootleg painkiller pills, which could sell for \$10 each or more. It is also often added to heroin, contributing to a rise of overdoses by unsuspecting users.

The package was an ideal candidate for a controlled delivery, Lau said. It was addressed to someone called Randy, but there was no record of anyone with that name living at the designated address. And there had been a pattern of earlier packages delivered to the building from China, often addressed to nonexistent apartments or apparently fictional residents.

Before the delivery, agents replaced the fentanyl powder with coffee

grounds.

More than a dozen federal agents set up surveillance around the building, snacking in unmarked cars or pretending to read a newspaper on a nearby bench, all dressed in blue jeans and sports jerseys. They watched the building's glass-fronted lobby, waiting to see who claimed the package.

The volume of drugs coming through the mail has grown in step with legitimate online shopping, customs agents say, as Americans have taken to ordering drugs from overseas via the dark web. Agents suspect that was how the package for "Randy" came to arrive at

JFK.

It is illegal to import prescription medicines and controlled substances from outside the United States.

Chinese laboratories have become the main source of fentanyl in the United States, most of it sent through the mail, the U.S. Department of Justice says.

In 2016, customs agents caught nine pack-

agent discreetly tailed him. A false alarm.

Then the voice of Walter Rivera, an HSI special agent, came over the radio with a new urgency: "You see the guy who came out with a backpack right here? Gray shirt and ponytail?"

Agents had hidden a GPS tracking device in the package. The man with a ponytail fiddled on his phone and then got into a livery cab. "If the GPS goes down the block, that's him," Rivera radioed.

Lau watched the GPS move and bellowed, "It's him!"

The agents tore off in their cars, sirens wailing. The confused cab driver soon pulled over by a busy sidewalk, and agents handcuffed his passenger, taking back the package.

He turned out to be the building's concierge, who had taken the package with him at the end of his shift. He quickly confessed that his name was not Randy.

Although agents were able to make an arrest in this case, more than a million international packages arrive each day in the country, and authorities can only screen a fraction of them. No one knows how many packages of drugs slip through the net. **REUTERS**

50K

Fatal opioid overdoses jumped to a record high of nearly 50,000 last year, more than double the 2013 toll, according to the U.S. Centers for Disease Control and Prevention.

ages at JFK containing fentanyl, according to U.S. Customs and Border Protection (CBP). So far this year, they have seized more than 200, in part because of expanded screening and better training, said Anthony Bucci, a CBP spokesman.

Outside the New York apartment building, two eventless hours passed before a man emerged carrying a plastic bag. An

"Nobody anticipated the explosion we were going to face."

Christopher Lau, U.S. Immigration and Customs Enforcement's Homeland Security Investigations office (HSI)



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Dog the Bounty Hunter is tracking Pennsylvania man who threatened Trump

Shawn Richard Christy threatened to shoot Trump, among others.



MEAGAN MORRIS
letters@metro.us

Dog the Bounty Hunter might not have a hit television show anymore, but he's still hunting down the bad guys. His focus right now? A Pennsylvania man who threatened to shoot President Donald Trump.

Shawn Richard Christy, 26, is on the run after he posted Facebook threats focused on John M. Morganelli and President Trump.

"Keep it up Morganelli, I promise I'll put a bullet in your head as soon as I put one in the head of President Donald J. Trump," Christy wrote, according to Fox 32. Morganelli is the district attorney of Northampton County in Pennsylvania.

So why is Dog joining the manhunt? Dog — real name Duane Chapman — told the Mansfield News Journal that he was asked by a friend of Christy's to join the search, adding that he had a "very hot lead" on the fugitive's location.

"I have delivered messages to him. My goal is not to shoot him but get him to surrender."

Duane Chapman

"I have delivered messages to him," Chapman said from his home in Hawaii. "My goal is not to shoot him but get him to surrender."

He plans to arrive in Mansfield, Pa., on Sept. 27.

Dog the Bounty Hunter has gone after high-profile criminals in the past — most notably Andrew Luster, the heir to the Max Factor cosmetics fortune who disappeared during his criminal trial. He was accused of drugging and raping three women.

Along with Dog, the FBI and the United States Marshals Service is also on the hunt for Christy.

"This individual does not have the type of respect and/or faith in law enforcement and elected officials. He believes he's the victim and he's going to do whatever he can to



TED SOQUI/CORBIS VIA GETTY IMAGES

carry out this cause he's fighting for," U.S. Marshal Brian Fitzgibbon told the Mansfield News Journal.

"I worked here for two years and I know how good the people are down here, how trustworthy they are. This guy's going to take advantage of somebody," Fitzgibbon added. "I

harp on it as everyone I come into contact with, as we're coming across fields. Please lock up your dwellings, lock up your garage, lock up your shed, your barns. Look for things that look out of the norm."

However, Dog believes Christy wrecked his car and is unarmed,

though didn't elaborate on why he thought that way.

Fitzgibbon doesn't feel the same way.

"He has firearms. He is a dangerous individual," he said. "I don't want anyone trying to arrest him on their own. If you encounter him, please call 911."

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Qualified demolition contractors are encouraged to take advantage of this opportunity and submit a response to this RFQ detailing their credentials to be added to the PQL. Once approved, the qualified demolition contractor will be invited to submit bids for a home or cluster(s) of homes that detail all demolition and associated services as consistent with the Scope of Work detailed in the Rider A of the RFQ. Selected contractors will be selected by identifying bids that are of the best value and most advantageous to the Program based on the lowest price. It is important to note that not all contractors deemed qualified will be selected to participate in the Program.

ISSUE DATE: September 17, 2018

SUBMISSION DUE DATE: October 8, 2018

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Lacey Stone plans to make you laugh while sweating

The celebrity trainer and star of “Revenge Body with Khloe Kardashian” blends high intensity with humor in her new virtual fitness platform.



JEFF TOMKO
jeff.tomko@metro.us

Catching your breath, not cracking a smile, is normally the top priority during a set of burpees, those agonizing push-up-to-hop-ups that terrorize gymgoers worldwide.

Unless it's celebrity trainer Lacey Stone tickling your funny bone with one-liners while pushing your body into its fat-burning zone. It quickly becomes easy

to understand why the tough-love trainer on the hit show “Revenge Body with Khloe Kardashian” is one of the most sought-after trainers in fitness.

On Monday, Stone, the Tony Robbins of fitness, debuts her new virtual workout platform that'll combine all the humor and fitness elements that have Stone's Los Angeles bootcamps booked months in advance.

“The workouts are basically shot live to tape so they include my sense of humor and motivational style, which I've never seen in the workout world,” Stone says. “I keep them laughing while I kick their butts.”

From medicine ball slams to motivational tough love, Stone, who's used her brand of fitness to whip into shape celeb-

rities such as Amanda Seyfried and Mary-Louise Parker and is a regular on TV's “The Doctors” and the Steve Harvey Show, says her goal is to bring “women of all shapes and sizes together to be your best self” through exercise.

But will there be any similarities to the workouts on “Revenge”?

“Yes,” Stone says, “but I add a sprinkle of cardio dance. My deal is that fitness starts in the mind, not the body. My workouts fuse HIIT, resistance, dance-meets-sport and humor.”

Stone's program can be done with simple equipment such as an exercise mat, bands and some dumbbells. Women can try Stone's new platform (virtualtraining.laceystonefitness.com) with a seven-day trial.

Her library of workouts is suited for both the novice and advanced athlete, ranging from 10-minute body-weight workout programs that will target everything “including

“I want to add joy to their lives through my unique approach to fitness and teamwork, empowering people to be their best, strongest, most badass selves in every part of their lives.”

Lacey Stone

the booty,” she says, to quick “reboot sessions” and all the way up to eight-week body change challenges with a mix of new-school and old-



ANDREW HERROLD

school moves.

“You’ll be doing lots of push-ups and squats,” Stone warns. “They’ve been around forever — and they work.”

Stone says her muscle and mind approach to fitness dates back to college, where she graduated summa cum laude with a degree in psychology. This newest venture, she says, is important in that through good vibes and tough love, she

hopes to bring a sense of community to women that will change not just their bodies — but their lives as well.

“I’m not interested in just changing people’s bodies” Stone says. “I want to add joy to their lives through my unique approach to fitness and teamwork, empowering people to be their best, strongest, most badass selves in every part of their lives.”

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Diabetes and ED?

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- More than 50% of men with diabetes have sexual troubles caused by their disease¹⁴
- Oral medications are less effective in men with diabetes than in men without diabetes¹⁵

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14. Phé V, Rouprêt M. Erectile dysfunction and diabetes: a review of the current evidence-based medicine and a synthesis of the main available therapies. Diabetes Metab. 2012 Feb;38(1):1-13.

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The fight against erectile dysfunction

Don't worry. It happens.
But there are ways to stop it!
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this ... gulp... disappointing condition that affects so many men in the bedroom?

Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis.

In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found. It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile

dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple vias on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment

will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.



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- ✓ Improves Penile Nerve Function
- ✓ Increases Stem Cells in the Penis
- ✓ Painless Natural Holistic Treatment
- ✓ Done In Office by Expert Provider

Priapus Shot

- ✓ Increases Penile Size by up to 3.5cm
- ✓ Proven in Many Peer Review Journals
- ✓ Uses Your Own Regenerative Cells

Testosterone Replacement

- ✓ Improves Sexual Desire and Helps ED
- ✓ Monitored by a Urologist so not Risky
- ✓ Do Not Settle for just Any Doctor!

Painless Sound Waves

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Pat King
Grumble Editor

READER WRITE-INS:

GET YOUR BUTT OUT OF MY FACE!

Did you ever have a situation where you are sitting on public transportation and someone gets on the train or bus and sticks their butt in

your face before sitting down? I don't like when they bend over to put their stuff down while sticking their butt right at your face. It may not be on purpose, but it would be

great if people be mindful of who is behind them. We don't want to smell your a--. Turn your butt away from people's faces while getting yourself together before sitting down.

— Ingrid Pitt, Metro US reader

BIKES ARE TAKING OVER NYC!
Why sooo many bikes and bike lanes in NY? I live in a large 7 building complex! There is no

way I can ride a bike or drive a car! These bikes cannot be used to take your elderly or newborns to work, doctor, hospitals, church or a restaurant! What happens in bad

weather? Rain, Sleet, Snow? Can an entire family get on a Citi Bike? Young kids and elderly family members? Can the city of NY STOP with the bikes?!

Public not allowed to park anywhere in city if you take your car! Can cost up to \$40 an hour plus tax to park!

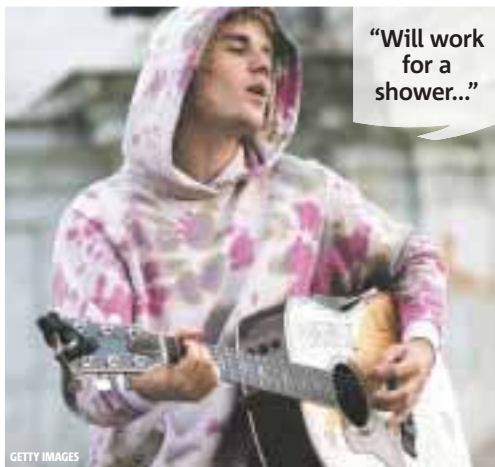
Would love to see DeBlasio and Cuomo riding down 6th Ave. on bikes! Everyday!
— Julia Richardson, Metro New York reader

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GETTY IMAGES
The winning caption from Tara Cerrone, Metro Boston reader

TOMORROW'S PHOTO:



GETTY IMAGES

the GRUMBLE



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Aries Settle in and get things done. You'll face criticism if you aren't prepared or fail to finish what you start. Don't let a relationship problem interrupt your progress.



Taurus A hasty decision will result in a costly mistake. Take your time and do things right from the get-go. Patience is a virtue. Don't let someone pressure you into hurrying.



Gemini Your intelligence will help you surpass anyone who tries to compete with you, as long as you don't let the actions of others distract you.



Cancer Do something that will make you feel good. Pampering yourself, getting a makeover or spending time with a loved one will help ease stress and avert a mood swing.



Leo Listen carefully and make up your own mind. An offer to achieve peace and tranquility through unorthodox means should be politely declined.



Virgo A business trip or meeting will encourage you to take on new challenges. Educational pursuits will change your way of thinking and pursuing goals.



Libra Embrace change with a positive attitude. Knowing what you want as opportunities arise will be a direct result of being prepared for whatever comes your way. Seize the moment.



Scorpio Be passionate about the positive changes you want to make. Take a unique position when sharing your opinion or recommendations. Channel your energy where it will count the most.



Sagittarius Do what you can to give back to others. Donate your time or offer your services, but don't let anyone take advantage of your generosity. An emotional incident should be handled carefully.



Capricorn You'll be tempted to make a change, but first you must iron out the particulars. Be open to suggestions; in the end, a combination of old and new ideas is favored.



Aquarius Put your energy to work for you instead of letting it make your life more difficult. Refuse to let anxiety get the better of you when positive change is what's required.



Pisces A change to the way you look or feel is apparent. Search for an innovative way to enhance your appearance. A settlement or gain is heading your way.

EUGENIA LAST

Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

That’s the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

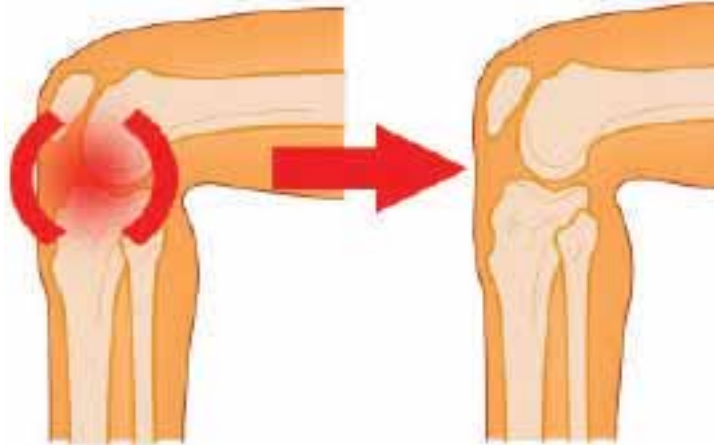
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here’s What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com

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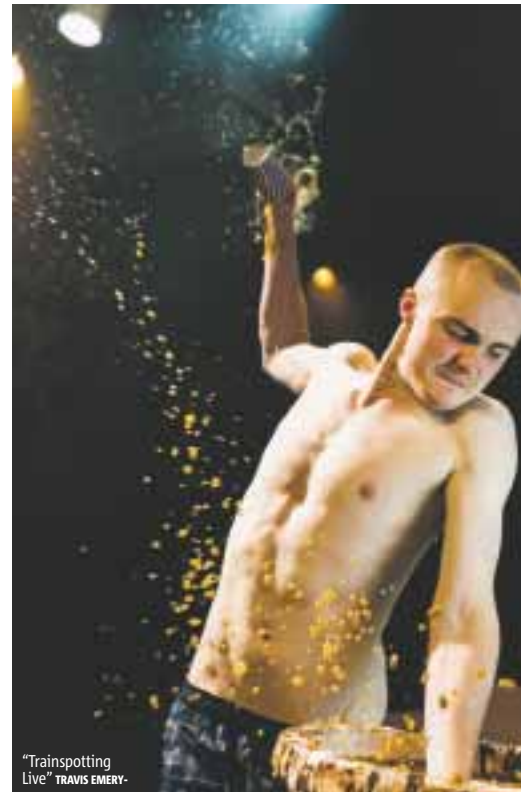
LIFESTYLE



"Jersey Boys"
JOAN MARCUS



"Gazillion Bubble Show"
NATHAN JOHN-



"Trainspotting Live"
TRAVIS EMERY-

Why you should go Off-Broadway

Off-Broadway Week brings 2-for-1 tickets to 38 shows. Here's how they offer a totally different experience from Broadway.



EVA KIS
eva.kis@metro.us

The neon lights may indeed be bright on Broadway, but you shouldn't find yourself blinded by them to all the other amazing things that lie just off the main drag. Off-Broadway shows tend to grab fewer headlines largely because they lack the promotional budget, making them the undiscovered gems of New York's theater scene.

"Without a doubt, Off-Broadway projects are a little bit more cutting-edge than what lands on Broadway," says Terry Byrne, who was just elected as the first female president of the Off-Broadway League this summer.

"Because often, producers of Off-Broadway projects are not confronted with the same need for mass appeal. Sometimes, the broader the appeal, the safer the production."

Which is not to say there's not plenty of mass appeal, celebrities and big ideas Off-Broadway. We chatted with Byrne ahead of Off-Broadway Week, a biannual program when tickets to many shows — this year's roster runs to 38 — are 2-for-1 from Sept. 24-Oct. 7.

A more intimate experience

Being an Off-Broadway theater is about size, not geography: "You'll find many definitions of Off-Broadway, but the one that the Off-Broadway League uses is really shows that are in houses between 100 and 499 seats in Manhattan," Byrne explains.

A smaller theater often means the space itself is more flexible, and the intimacy is almost an invitation for the audience to be more a part of the show — and sometimes they are, like in "The Imbible," where the audience drinks three cocktails made by the cast onstage as part of the show.

And then there are some successful shows that never transfer to Broadway. The musical "I Love You, You're Perfect,

Now Change" spent 12 years at the Westside Theatre. Delia and Nora Ephron's play "Love, Loss and What I Wore" spent its entire run in a 249-seat theater because they didn't want to "disturb the culture of the piece, which is so intimate and benefits from that intimacy."

Why celebrities are drawn to the Off-Broadway stage

That feeling of connection also applies to the people onstage. Off-Broadway shows often boast names just as big as Broadway: This season alone, you'll find Glenn Close in "Mother of the Maid," Edie Falco and Michael McKean in "The True," and Stockard Channing and Hugh Dancy in "Apologia."

"I speak to actors all the time that say wow, that really fed their soul, making that sort of connection with an audience where you can see expressions and really see the results of the performance," says Byrne. "The Broadway experience is different. What you see are lights."

Passion projects get a chance

Mounting a Broadway show costs north of \$10 million; Off-Broadway productions fall somewhere between \$500,000 and \$1.5 million, according to Byrne. That gives more room for artists with a passion project to find a nonprofit theater or convince an angel investor to realize, "I may not make a lot of money on this, but it needs to be seen," says Byrne.

That leaves room for shows that respond to our current moment, like "What the Constitution Means to Me," too-hot-for-Broadway fare like "Trainspotting Live," and fannish works like the Harry Potter-adjacent "Puffs, Or: Seven Increasingly Eventful Years at a Certain School of Magic & Magic."

The symbiosis between Broadway and Off-Broadway

The pitch for a hit show isn't always apparent: Starving artists living with AIDS. Puppets singing about sex. Even former first lady Michelle Obama chuckled at the

White House Poetry Jam when Lin-Manuel Miranda presented the idea of a musical about Alexander Hamilton. But "Rent," "Avenue Q" and "Hamilton" all got their chance Off-Broadway, then became the next hot

ticket on Broadway.

It works the other way, too. After "Jersey Boys" and "Avenue Q" concluded their Broadway runs, producers knew both shows still had audiences and found new homes Off-Broadway.

FULL LIST OF OFF-BROADWAY WEEK SHOWS

From Sept. 24-Oct. 7, score 2-for-1 tickets to 38 shows, from the smartly funny "India Pale Ale," a play about traditional values clashing with modernity, to the Western musical "Desperate Measures." Asterisks mean the show is new to the promotion; tickets are available at nycgo.com/off-broadway-week.

- Apologia*
- Avenue Q
- Because I Could Not Stop: An Encounter with Emily Dickinson*
- Black Light*
- Blue Man Group
- The Book of Merman*
- Desperate Measures
- Drunk Shakespeare
- El Coronel No Tiene Quien Le Escriba
- Final Follies*
- Gazillion Bubble Show
- Gloria: A Life*
- I Was Most Alive with You*
- The Imbible: A Spirited History of Drinking
- India Pale Ale*

- Jersey Boys
- The Marvelous Wonderettes
- Midnight at The Never Get*
- Monday Night Magic*
- Naked Boys Singing
- NEWSical The Musical
- Neurosis: A Musical That Gets in Your Head*
- On Beckett*
- Perfect Crime
- Popcorn Falls*
- Puffs, Or: Seven Increasingly Eventful Years at a Certain School of Magic & Magic
- Renascense*
- Sakina's Restaurant*
- Sistas the Musical
- Sleepy Hollow the Musical**
- Smokey Joe's Cafe: The Songs of Leiber and Stoller*
- Stomp
- Tennessee Williams's A Lovely Sunday for Creve Coeur*
- This One's for the Girls
- Trainspotting Live*
- The True*
- Vitaly: An Evening of Wonders*
- What the Constitution Means to Me*



"Jane Fonda in Five Acts" debuts tonight on HBO. GETTY IMAGES

How Jane Fonda defied fame and mistakes to become America's most important actress

Susan Lacy talks us through her HBO documentary "Jane Fonda in Five Acts."



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Director Susan Lacy has been wanting to make a documentary about Jane Fonda since she read her autobiography in 2005.

Lacy instantly recognized that Fonda's life and career was ripe for such a film. Not just because of her story as an actress and an activist, but as the daughter of Hollywood legend Henry Fonda. She also knew there would be mountains of material to work with.

Lacy was surprised by just how much access and footage she was able to get, all of which helped her to make a definitive and all-encompassing piece that reveals how Jane was able to merge her talent with her activism to become the most important actress in American history.

"In Jane's own book she said she was writing

the book to try and understand her first two acts she could try to live out her third," Lacy tells Metro. "The notion of acts was embedded in my brain when I made this film. When I studied her story and interviewed her, which I did 12 long times that came to over 20 hours of footage, her life really was, even though she didn't structure the book that way, structured by the four men in her life."

The fact that both the film and Jane's life are able to be structured into five acts made us wonder if Lacy had considered the famous F. Scott Fitzgerald remark, "There are no second acts in American lives," while making it.

"Of course I did. I am a huge Fitzgerald fan. You think of that often. I think he is wrong. There are many second acts. The aspiration to have a second act is what Gatsby is all about," admits Lacy. "I don't think Jane does it consciously. She is very meticulous, very professional, she is very ordered. But I also think there is a lot of spontaneity in her life. She goes with the flow."

Despite the trials and tribulations that Jane has experienced in her extraordinary life in activism and in her career as an actress, Lacy insists that the actress has never been concerned with how the public perceived her.

"Public image is a concern for everybody, but particularly celebrities. I don't think that was ever a concern for her. I think she operates in a different place," says Lacy. "Of course, it is a tricky terrain. Especially when you are hated. And you get out there on the frontline and you speak up and you make some mistakes, some of the mistakes she made in Vietnam still haunt her 50 years later."

"She has lived a brave and unfettered life. I don't she thinks about the impact that things are gonna have," she adds. "I think she is surprised at the impact she has had. And she is really surprised at the career she is having at the age of 80. I don't think she expected it."

"Jane Fonda in Five Acts" airs tonight at 8 p.m. on HBO.

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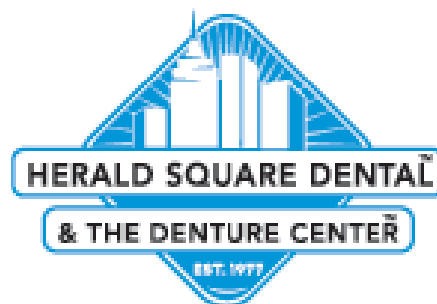
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'Acting runs in my blood' Iain Armitage



The child actor, best known for his starring role as Sheldon Cooper in "Young Sheldon," a spin-off prequel to "The Big Bang Theory," chats with Metro.

PHILIPP KOVALYOV
MWN
letters@metro.us

Your father is an actor, and your mother is a theater producer. What role did they play in your passion for theater?
None. It's natural, I guess. It runs in my blood, some people would say.

How did your journey into acting begin?
It wasn't like, "Oh, I wanna be an actor. Sign me up to be an actor. How do we do this? Let's do this!" It was more like an agency called and asked, "Do you want us to represent you?" They saw my theater reviews, and

we said yes. My agents are really awesome and I love them so much.

Do you like theater or TV more?
Definitely theater, which is sadly ironic. I just think that I'd prefer to watch a live show than to watch a television show. I don't know why, I just do.

How were the auditions for "Young Sheldon"?
I had a three-page-long monologue, which was really hard to do on video. So we sent it in and I got a call. After they said I got the part, I jumped up and down like a maniac.

Jim Parsons is an executive producer in the series. How is your relationship?
He's actually not at the set a lot. He was there only for the pilot, and then ... he had to go back to "Big Bang."

How did you get used to the role?

Mostly just talking with Mr. Jim.

What are the differences between you and the younger Sheldon?
You mean between me in real life and on set? There is a big difference. But we both love science and we



both are really passionate about certain things. So there are few similarities.

Did you watch "The Big Bang Theory"?
I watched a few clips, but otherwise, not really.

How often do you watch TV?
I'd rather read a book or

play.

How do you combine acting and studying?
Well, legally we have to get three hours of schooling on set. I am 9.5 hours every day on set, but that includes a lunch break which is an hour, three hours of school, a bunch of breaks. ... So it's only about 3.5 to four hours of filming. That's actually not as much as it sounds.

Which subjects do you like the most?
I like history and reading.

Who would you like to become in the future?
I'm not really sure. Either magician, gemologist or geologist.

Between the posters and fans recognizing you, do you feel like a celebrity?
Not really, because I am just proud to be doing something that makes people happy. And I'm happy to be part of something that does it. I just love that.

"Young Sheldon" returns Sept. 24. ALL PHOTOS CONTRIBUTED

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Dorothy Fickel, MD, PhD

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Adam Rippon on finding your Olympic work ethic

We caught up with the Olympian ahead of his appearance at the Forbes Under 30 Summit.



PAT KING
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Adam Rippon is much more than an athlete. The Olympic figure skater and political activist captured hearts during the PyeongChang Winter Olympics where he and the rest of the U.S. men's figure skating team took home bronze, making him the first openly gay U.S. man athlete to win an award at the games.

Rippon has also fought for the LGBTQ community, famously taking issue with the presence of Vice President Mike Pence at the Olympics. Since then, Rippon has received a wide range of recognition including being named to TIME Magazine's 100 List of Most Influential People.

We caught up with Rippon before his appear-

ance at the Forbes Under 30 Summit in Boston this fall.

What's the key to having an Olympic-level work ethic?

I think that when I was skating everyday — especially training for the Olympics — to be honest, I didn't walk into the rink every single day and be like, "I love what I'm doing!" There were definitely days where I walked in and said, "I don't want to be here. I'm too tired to do this. This is way too stressful." When I had days like that I made sure to find joy in the little things. So, I made sure that I set little goals for myself for that day so that I could make it through that day and still feel accomplished.

I think that the lessons that I learned from sports are the lessons that I will take with me through my entire life. It's totally normal to feel stagnant or to feel stuck. But if you set little goals to meet up with your big goals, it's going to make you feel



like you're making progress. So that you can end every day and feel like you're a champion every single day.

How has that work ethic helped you cope with failure and keep success in perspective?

What sports taught me the most is that there is no such thing as a failure unless you've failed to try. When things don't

go well or when you've made mistakes, I think that mistakes can happen and that it's only a failure if you've failed to learn from your mistakes.

I think that if you learn from your mistakes, you improve. Making mistakes is an opportunity for you to learn more about whatever you're working toward and more about yourself. I know I've made

the same mistakes a few times and then I've finally learned my lesson I never made the same mistake twice. I think that when you have to perform in front of a lot of people and you go through your best and worst times in front of thousands of people it forces you to grow up. Part of that is taking responsibility for what you've done, responsibility for your actions and owning them, and owning the flaws.

What are your feelings on how athletes in your position should use your platform to speak truth to power?

I think that athletes have an incredible opportunity to use their voice to help make change. I think that sports have always been one of those things that really gets political. I think that a lot of people think that they should keep politics out of sports.

But when you have someone like Colin Kaepernick who is trying to speak about police bru-

tality, he is giving a voice to people who don't have the opportunity that he has. Him being out there on the field and him kneeling for the anthem is a very peaceful protest and he is within his right to do that. It's people like Colin who helped give me the confidence to speak out against the Vice President when I was at the Olympic Games. I think that in this day and age, people have such an opportunity to see what their favorite athletes are doing. You can see where they are, who they are, what they're about all through different social media platforms...

I applaud other athletes that speak out and talk about their beliefs because I think it's so important and they have huge platforms. A lot of athletes come from humble beginnings and their roots are not in the glamorous lifestyles... I think that when they speak their opinions we should listen to what they have to say.

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I usually shy away from backing a team that basically leads wire-to-wire during a baseball season but the Red Sox are a whole different animal. An offense stacked with JD Martinez and Mookie Betts with a pitching staff headlined by Chris Sale is going to go deep into the postseason. If the bullpen can step up, Boston will be unbeatable in October.

— JOE PANTORNO

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Bolstered Giants offense helps seal first win of 2018

Manning, Barkley and a strong defense prove just enough to squeak past Houston.



JOE PANTORNO
joseph.pantorno@metro.us

A strong first-half showing and a staunch defense down the stretch was enough for the New York Giants to pick up their first win of the 2018 season, a 27-22 triumph over the Houston Texans on Sunday afternoon to avoid an 0-3 start.

It was abundantly clear early on that the Giants' tweaked offensive line was providing quarterback Eli Manning and rookie running back Saquon Barkley with protection and open lanes to create.

New head coach Pat Shurmur opted to bench struggling right tackle Ereck Flowers for Chad Wheeler and the difference was extreme.

With time in the pocket, Manning threw a pair of touchdowns while completing 25-of-29 passes for 297 yards. The average of 10.2 yards per completion was almost double the average Manning had in Week 2 against the Cowboys when constant pressure forced the veteran to settle for dink-and-dump screen passes.

Despite picking up a knee bruise on his first play from scrimmage, Barkley didn't miss a beat as he was given ample space to perform, recording 82 yards and a score on 17 carries along with five receptions for 35 yards.

The Giants defense, whose success had been lost in the 0-2 start, frustrated Deshaun Watson and the Texans (0-3) of-



Saquon Barkley continued to show off his elite-level talent in the Giants' 27-22 victory over the Texans on Sunday afternoon. GETTY IMAGES

fense for much of the game.

While the second-year quarterback passed for 385 yards, he was sacked three times and threw an interception. It was one of two turnovers the Giants forced on the day.

Even more promising for the Giants was their rushing defense, which allowed just 59 yards on the ground after coming into the game ranked second-worst in the league.

After a Texans field goal opened the game, Barkley provided a swift answer for the Giants, weaving and darting his way to a 15-yard touchdown rush to give New York its first lead of the season, with 4:10 left in the first quarter. It was Wheeler who provided a key block on the outside during the play's development to open up a huge lane for Barkley to exploit.

They continued pour-

ing it on in the first half, scoring on all four possessions. A pair of Aldrick Rosas field goals preceded a 16-yard touchdown reception by backup tight end Rhett Ellison, who was called into action when Evan Engram was forced to leave the game in the second quarter after picking up a knee injury.

The Giants' 20 points in the first half alone marked the third time in the past 13 games that New York hit the 20-point mark.

In the meantime, New York's defense had little issues with Houston's attack. After a 67-yard opening drive, the Giants limited the Texans to just 11 yards before a two-minute drill yielded another field goal at the half to make it 20-6.

The second half saw the Giants offense stall, punting on their first three possessions of the third quarter which gave

the Texans a golden opportunity to get back in the game even earlier.

But the Giants defense came up big on two separate occasions to force Houston turnovers.

Defensive end Kerry Wynn stripped the ball from Houston running back Lamar Miller on the Giants' 33-yard line in the third quarter before linebacker Alec Ogletree picked off Watson in the end zone on the second play of the fourth.

They finally took advantage of the stalling Giants with 7:37 left in the fourth, when Watson hit Will Fuller with a six-yard pass. The ensuing two-point conversion failed, holding the Texans back by five at 20-15.

The Giants put the game away, though, on the ensuing drive as Manning directed a nine-play, 77-yard drive that ended with a seven-yard third-and-goal conversion to Sterling Shepard in the front of the end zone.

While Manning went 6-for-6 on the drive, it capped off Shepard's big day behind Odell Beckham Jr.'s nine-catch, 109-yard day as New York's No. 2 receiver caught six passes for 80 yards.

Was there a Chad Wheeler effect?

The New York Giants waited until the night before their victory over the Houston Texans to bench right tackle Ereck Flowers for Chad Wheeler.

It was a move many saw coming as Flowers struggled mightily over the first three-plus seasons in the NFL.

This, however, was his first season at right tackle after the Giants acquired Nate Solder, who was immediately slotted in Flowers' spot at left tackle.

After a dismal debut at the position in Week 1 against the Jacksonville Jaguars, Flowers showed slight improvement during the Giants' Week 2 loss to the Dallas Cowboys, but Manning was running for his life at times.

Wheeler had a difficult first assignment in trying to protect Manning from the Texans' dangerous defensive end, J.J. Watt.

It wasn't a flawless performance, as he allowed the All-Pro pass rusher to record three sacks, but Manning was given plenty of time for most of the afternoon while Barkley had legitimate running lanes to work with for the first time in his NFL career.

The early returns of Shurmur's decision have been good, which means we might not be seeing much of Flowers anymore.



Butler, Knicks rumors 'overstated'

The idea of Jimmy Butler headed to the Knicks might not be as strong a possibility as many believed.



JOE PANTORNO
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New York Knicks fans might want to slow down on the thought of Jimmy Butler heading to Madison Square Garden within the next year.

USA Today's Jeff Zillgitt reported on Sunday that the 29-year-old shooting guard's interest in the Knicks has been "overstated," amid initial trade rumors.

After a meeting with his current team, the Minnesota Timberwolves, last week, Butler requested a trade ahead just weeks before the

start of the 2018-19 season.

Butler will be a free agent following this season after he was acquired by the Timberwolves from the Chicago Bulls last season.

Alerting Minnesota that he wants out now allows the organization to get something in return for him, rather than losing him for nothing in free agency next summer.

Initially, the Knicks, Brooklyn Nets and Los Angeles Clippers were listed as the three teams he would want to be traded to, according to ESPN's Adrian Wojnarowski. All three of the teams are expected to have a max salary slot available within the roster next year.

The Knicks, though, were considered initial favorites thanks to Butler's link with Boston



Jimmy Butler has suddenly become the hottest name on the NBA's trade market. GETTY IMAGES

Celtics star Kyrie Irving. Irving, who will also be a free agent in July, has been in talks with Butler about teaming

up to play together next year.

With the Knicks making Irving their No. 1 priority and the point guard

having stated an interest to play alongside Kristaps Porzingis in the past, New York looked as though they would be

able to snag both stars. It just so happened that Butler could make his way to New York earlier than expected.

However, Knicks team president Steve Mills was quick to point out that the team would not be willing to deal away young talents like Frank Ntilikina and draft picks to get someone they could pick up in free agency next year.

Butler might not be so willing to head to the Knicks this year, anyway, even if Mills wanted to deal for him.

Zillgitt pointed out that Butler wants to win now, a desire the Knicks can't provide in a weak Eastern Conference this year with Porzingis sidelined while recovering from a torn ACL. It could mean Butler has interest in other teams including the Washington Wizards and Milwaukee Bucks.

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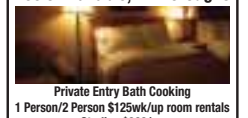
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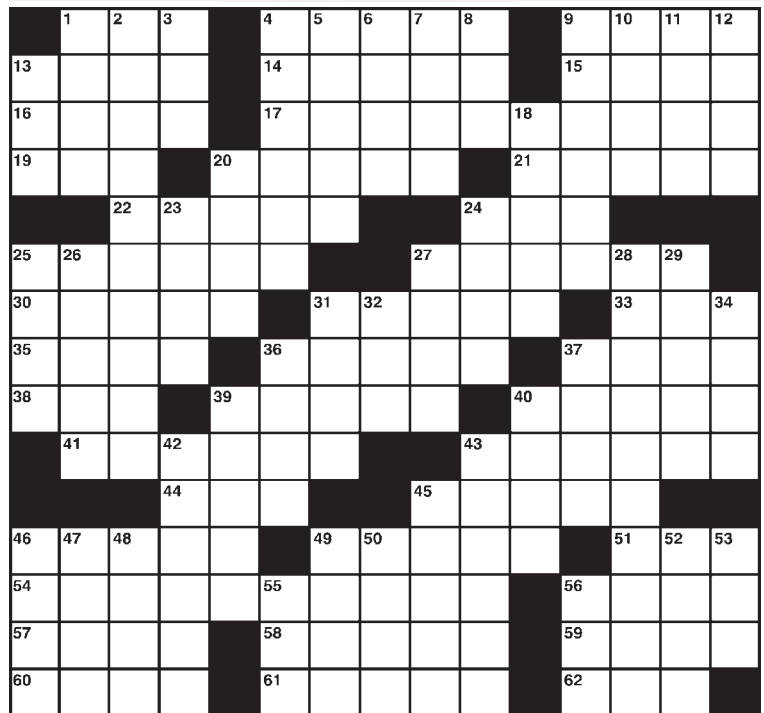
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20 Ceremonies
21 Booby prize winner
22 Terre __, IN
24 Convertible or sedan
25 Parts of theaters
27 Complains childishly
30 ___ up to; accepted the blame for
31 Snatches
33 Pres. Martin ___ Buren
35 Tupperware tops
36 Catch hold of
37 Note
38 Small number
39 Black suit
40 Singing voice

41 Magazine bigwig
43 ___ crackers
44 Go bad
45 Steam bath
46 Bar seat
49 Honeymooner
51 Org. for Nets and Nuggets
54 Trailblazing
56 West or Brody
57 Tool with a curved blade
58 Spree
59 Salami shop
60 Have to have
61 Father children
62 Strange

DOWN

1 Late entertainer Bob
2 Generous
3 Give up bachelorhood
4 Lets in
5 Preach
6 Uncommon
7 "___ the night before Christmas..."
8 Gore and his dad
9 Detests
10 Flowery rings
11 Rational

12 Reason to bathe
13 Friendly dog, for short
18 Group of students
20 Regretted
23 Middle ___; historical period
24 Rubik's invention
25 Fly alone
26 Strong string
27 Rattle; upset
28 Fair; impartial
29 Pago Pago, American ___
31 Equipment
32 Get ___ of; shed
34 Accepted standard
36 Catch sight of
37 Cruel
39 Walked off with
40 Word of agreement
42 Removed wrinkles
43 Gizmo
45 Burn slightly
46 Reach across
47 Movement of the waves
48 Leak out
49 Creamy cheese
50 Jewelry store purchase
52 Shiny on top
53 "What Kind of Fool ___?"
55 Decline; recede
56 "Much ___ About Nothing"

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Carraway
Daisy
Dream
Fitzgerald
Gatsby

Great
Jay
Jazz Age
Nick
Party

Scott
Tom
Twenties
West Egg
Yale

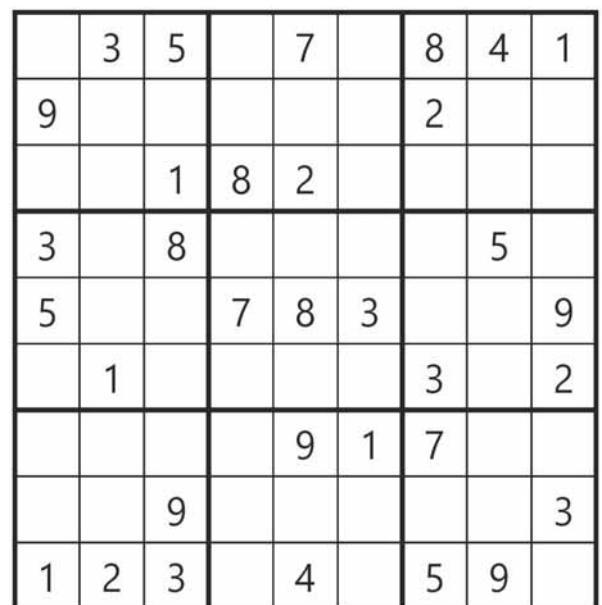
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